

FOR THE WEEK OF:



simplypray

*a guide for praying unimpressive prayers
(based on the Lord's Prayer)*



a resource provided by Upper Alton Baptist Church

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SUNDAY: *Praise*

List two or three things that have happened in the last week for which you are grateful.

Heavenly Father, thanks for...

List one or two attributes of God for which you worship God (like "loving" or "powerful").

Heavenly Father, you are...

"Our Father in heaven, hallowed be your name."

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"Our Father in heaven, hallowed be your name."

MONDAY: *As It Is In Heaven*

Ask God this one question and simply wait for a response for a while. Perhaps you'll add another sentence or two to the question, but keep coming back to this central question. And **l i s t e n** . Listen for a subtle nudge in your soul, an awareness of a "holy coincidence" you've witnessed, or a thought placed in your mind by the Spirit of God. Make notes in the space around the question below if you need to.

*How would you like me to help you
today or this week, Father?*

"Your kingdom come, your will be done, on earth as it is in heaven."

2

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TUESDAY: *Requests*

Fill in some or all of the blanks that are in the first two sentences below.
Then, use all three sentences as a springboard for your prayer time today.

Father, today I need _____ and
_____.

Father, today I want _____ and
_____.

Most of all, though, I pray for your will to be done more than mine.

"Give us today our daily bread.."

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WEDNESDAY: *Forgiveness*

List any situations
(big or little) where you
have been treated unfairly.



*Jesus, help me to forgive
and let go of...*

Write down the name of any-
one you think of that you may
have treated unfairly in the
last several days.



*Spirit, do I need to ask for
forgiveness from...*

Admit the ways (big and little)
that you may have trespassed
against His good & perfect will
for you and the world.



Father, forgive me for...

"Forgive us our sins, as we also have forgiven those who have sinned against us."

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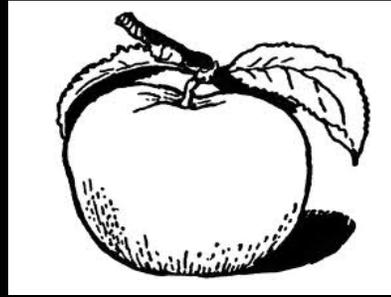
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THURSDAY: *Temptations*

From the list of temptation specialties select the one which has tempted you most this week (even if it's the same as it was last week). Then, write that word in the apple to the right and the blank below. Finally, pray the sentence as the start of your prayer today.

- Pride**—thinking too much of myself
- Greed**—wanting more than I need
- Rage**—letting my anger lead me
- Lust**—desiring who is not mine
- Laziness**—not doing what I should be doing
- Gluttony**—consuming too much
- Envy**—wanting what is not mine



Lord Jesus, lead me away from _____, and...

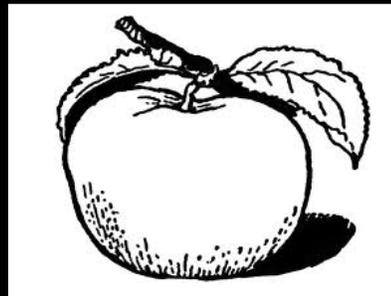
“And lead us not into temptation, but deliver us from evil.”

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“And lead us not into temptation, but deliver us from evil.”

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FRIDAY: *Intercessions (Family/Friends)*

Write your concerns for family & friends in the table. Then, pray through the list 1 row at a time.

Heavenly Father, these are my concerns today:

I pray for...	because...
WHO	WHY

Hear my prayers. I'm praying that your will—not mine—will be accomplished.

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SATURDAY: *Intercessions (Community/World)*

Look up (or recall) two current news stories, and list them in the left column.
In the right column, write one question for God about each situation.

headline	question
headline	question

Father, I pray for all of the people involved in these situations—that You would bring them love, hope, and faith as You know their needs.

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